



Book	North Hampton Policy Manual
Section	North Hampton - Section J - Students
Title	Wellness
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WELLNESS

Preamble

Each School District of School Administrative Unit #21 (hereinafter referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day - both through reimbursable school meals and other foods available throughout the school campus - in accordance with Federal and state nutrition regulations;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors;
- The District shall educate students, employees, school board and community members to the important benefits of a healthy lifestyle;
- The District establishes and maintains management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

The District will establish a district wellness committee (DWC) that meets at least three times per year (October, January, and April) to create goals for and to oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The DWC membership will consist of regular and wellness related faculty and staff including a school administrator, school nurse, school nutrition director, physical education teacher, and to the extent possible: school health professionals, mental health and social services staff, other health professionals, students, parents, school board members and other community members.

Leadership

The Superintendent or designee(s) will ensure the District's compliance with the policy.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan will include specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program](#) online tools.

This wellness policy and the progress reports can be found at the SAU 21 website.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy.

Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. This will include a summary of the District's events, school nutrition or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District Official leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the District's wellness policy. The position/person responsible for managing the triennial assessment and contact information is the District Wellness Committee Chairperson.

Revisions and Updating the Policy

The DWC can make recommendations to the SAU #21 Joint Board Policy Committee to update or modify the wellness policy based on the results of the triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The District will inform parents of any changes that have been made to school meals and compliance with school meal regulations, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition regulations. The District will use email, displaying notices on the district's website, newsletters, presentations to parents, and sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

III. Nutrition

School Meals

The School district is committed to serving healthy meals to children. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

All schools within SAU #21 (with the exception of South Hampton, Barnard School) participate in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). South Hampton participates in the Special Milk Program (SMP). The programs offered at each district are accessible to all students, are served in clean and pleasant settings, meet or exceed current nutrition requirements established by local, state and Federal statutes and regulations.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus. Each District will make drinking water available when school meals are

served.

Competitive Foods and Beverages

The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School regulations, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the regulations and information, as well as a Guide to Smart Snacks in Schools are available at: <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These regulations will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations, Rewards and Fundraising

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition regulations including but not limited to celebrations, classroom snacks and fundraising.

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition regulations may be sold through fundraisers on the school campus during the school day, except during times school meals are served. Schools will encourage non-food fundraisers, and encourage those promoting physical activity. Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition regulations.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum of essential topics on healthy eating including:

- Relationship between healthy eating and personal health and disease prevention
- Reading and using FDA's nutrition fact labels
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products, calcium rich foods
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- [The Dietary Guidelines for Americans](#)
- Social influences on healthy eating, including media, family, peers and culture

Food and Beverage Marketing in Schools

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition regulations.

IV. Physical Activity

Time allotted for physical activity (in addition to physical education) that is consistent with research, national and state regulations. Physical activity facilities on school grounds will provide a safe environment.

Daily Recess

Provide at least one daily supervised and unstructured recess period consisting of a minimum of 15 minutes for Grades K-8. Recess will preferably be outdoors, during which moderate to vigorous physical activity will be encouraged. In lieu of recess, grades 6-8 can be provided a short physical activity break mid-day, when appropriate. In the case of inclement weather (excessive cold/wind chill or heat), administration will decide whether to make a particular recess an "indoor recess". If this is the case, individual teachers will attempt movement activity during this stated time.

Physical Education

The program shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and

cognitive abilities, and fitness levels.

Integrating Physical Activity into the Classroom

For students to fully embrace regular physical activity as a personal behavior, students will have opportunities for physical activity beyond physical education class. The District strives to incorporate physical activity into the classroom by integrating physical activity into the health education curricula and core curriculum.

- Provide classroom health education that will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as screen time.
- Provide opportunities for physical activity to be incorporated into other subject lessons.

Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

V. Other Activities that Promote Student Wellness

After-School Programs

After School programs will encourage physical activity and practice healthy lifestyle habits. School Wellness policy goals shall be considered when planning all school-based activities (such as school, field trips, dances, and assemblies).

Community Partnerships

The District will encourage relationships with community partners in support of this wellness policy's implementation

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

The DWC will focus on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness.

The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy living that are accessible and free or low cost.

Additional Resources

The links below are provided by the USDA Food and Nutrition Service and the New Hampshire Department of Education.

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary_finalrule.pdf

<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

<https://www.education.nh.gov/standards/documents/bake-sales-fundraisers.pdf>

Additional resources relating to wellness can be found on the SAU21 website.

Legal

42 U.S.C. 1751, Richard B. Russell National School Lunch Act
42 U.S.C. 1771, Child Nutrition Act of 1966
Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004
The Healthy Hunger-Free Kids Act of 2010
7 C.F.R 210, National School Lunch Program
7 C.F.R 220, School Breakfast Program
RSA 189:11-a, Food and Nutrition Programs
N.H. Dept. of Education Administrative Rule - Ed 306.04 (a)(20), Wellness
N.H. Dept. of Education Administrative Rule - Ed 306.11 (g), Food and Nutrition Services
N.H. Dept. of Education Administrative Rule - Ed 306.38 (b)(1)b, Family and Consumer
Science Education Program (middle schools)
N.H. Dept of Education Administrative Rule - Ed 306.40, Health Education Program